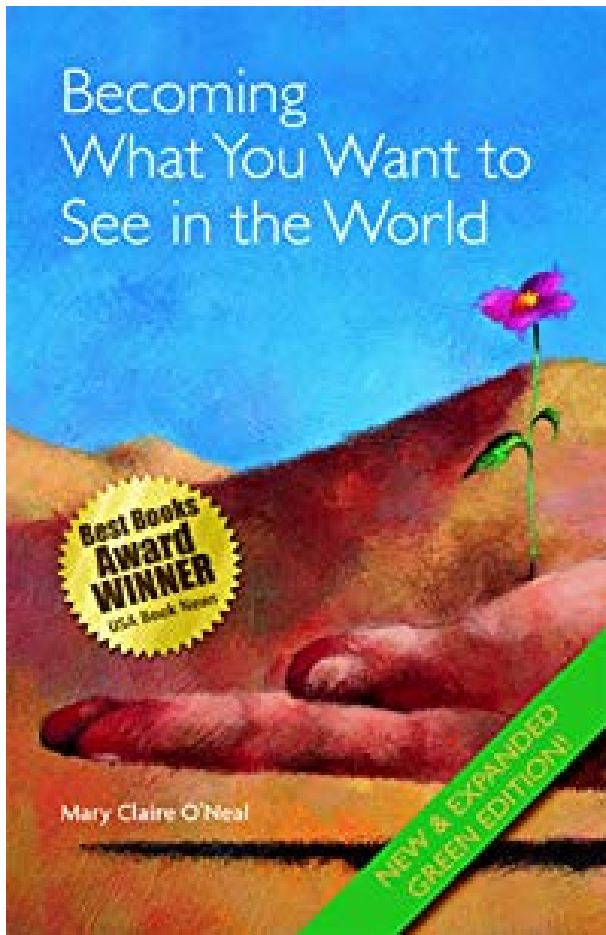


Becoming What You Want to See in the World: New and Expanded Green Edition



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With the changes and chaos in the world, are you feeling out of balance, stressed, possibly even fearful about the future? This clear, concise handbook for busy lives centers on tools anyone can use to improve her/his outlook, level of fulfillment, and compassionately deal with the bumps in the road before they become potholes. “Enhanced with personal stories, practical tools, and motivating activities, O’Neal draws upon her years of experience as a professional to instruct readers in how they can live more fulfilling, balanced, and meaningful lives. A thoroughly ‘reader friendly’ compilation of clear, concise principles and action plans that are founded upon effective and compassionate communication. If you only have time and energy for one self-help, self-improvement book at present, you would be well advised to make it Mary Claire O’Neal’s *Becoming What you Want to See in the World.*” —The Midwest Book Review.